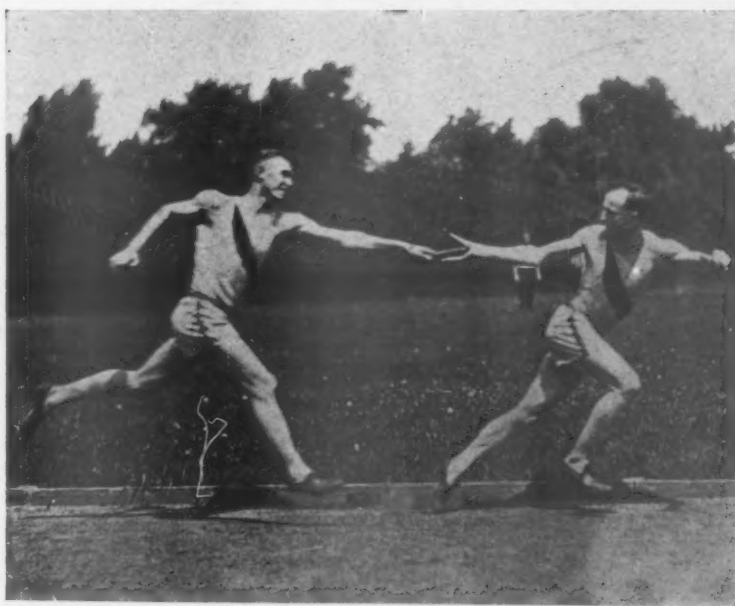


ATHLETIC JOURNAL

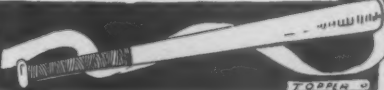
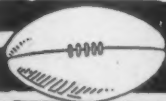
Vol. 3, No. 8

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THE ATHLETIC JOURNAL

A PROFESSIONAL MAGAZINE FOR THE
COACHES OF THE COUNTRY

JOHN L. GRIFFITH, EDITOR

VOLUME III

APRIL, 1923

NUMBER 8

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Entered as second-class matter April 5, 1922, at the Postoffice at Champaign, Illinois, under the Act of March 3, 1879

Office of Publication, 114-116 N. Walnut St., Champaign, Ill.

Editorial and Business Office, 7017 Greenview Ave., Chicago, Ill.

Subscription \$1.00 per Year

20 Cents the Copy

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VOL. III

CHAMPAIGN, ILLINOIS

No. 8

THE ART OF HIGH HURDLING

BY

HARRY L. HILLMAN

The following article on high hurdling is doubly interesting because the illustrations are pictures of Thomson, the fastest high hurdler the world has known, and the article is written by Harry L. Hillman, Thomson's coach. Mr. Hillman is track coach at Dartmouth College. He has been one of the leaders in the Track Coaches' Association of America.—
EDITOR'S NOTE.

A REAL good high hurdler is not unlike a real good golfer, as it takes several years for either to perfect his form. Continual practice at form and speed, and trying out this form and speed in real competition is bound to show results. A hurdler with some, or all of the natural assets, will improve more rapidly and will undoubtedly be a more finished hurdler than the man who has no natural ability.

Specializing in the individual events is what wins for America at each Olympiad. We have no better material for the many events than do the foreign athletes; but the American coaches are always endeavoring to improve the technique of an event. In Hurdling as in other events, specialization is what helps us.

The photographs and general description herewith are taken from the hurdling of Earl J. Thomson, the former Dartmouth hurdler, and holder of the world's record for the 120-yard high hurdles in 14 2-5 seconds. Thomson was of the rangy type, standing 6 feet 2 inches in height, and weighing 195 pounds stripped, with plenty of speed and stamina. Had Thomson worked for the sprints, he surely would have gone in even time for the 100 yards. He has without special training for the dashes, repeatedly done 10 1-5 sec-

onds. He had everything necessary for a successful high hurdler, and a whole lot of natural ability. He was a good broad jumper; a very good high jumper; a good discus thrower; fairly good at the weights, and, in fact, a good all-around performer, as in 1918 he scored third place in the A. A. U. All-Around Championship.



Illustration 1

It really takes a tall, fast man to be a successful high hurdler. True, there have been some mighty good high hurdlers who have not been of the rangy type, but they are very few. Perhaps the best small hurdler seen by the writer was O. E. Erdman, formerly of Princeton, who was an exceptional performer and deserves that much more credit. Hurdlers like Chase, Kraenzlein, Nicholson, Garrels, Smithson, Shaw, Murray, Kelly, Simpson and Thomson were all

tall, rangy athletes, most of whom are possessed with an abundance of speed and stamina.

The main factors in high hurdling are: Stepping over the hurdles, the forward movement of the



Illustration 2

arms, the quick snap over of the rear leg and the quick get-away on the other side of the hurdle.

The tall man, who as stated above has some speed and desires to be a hurdler, should study all the available information relative to hurdling. If there is no coach at hand, select each process of development and faithfully adhere to the principles. Procure a light hurdle, pad the rear ankle and knee, pick an even spot on the turf and



Illustration 3

go to it, being, of course, careful not to do too much each day. Landing on the turf will prevent stone bruises and lameness if a little common sense is used. Be prepared to spend some little time co-ordinating the different princi-

ples. In winter months use gym mats for landing purposes.

The new-comer will invariably jump the hurdle. Eliminate this fault at once! Hang a piece of paper the level of your height directly over the hurdle and attempt to "step" the hurdle without hitting the paper. In so doing do not "duck" the head, but bend forward from the waist up. An experienced performer will come well under the paper.

Exercises such as sitting on the ground in the position of going over the top of the hurdle are beneficial. For a right legged hurdler, this position would be with the right leg stretched forward and the left leg drawn up at the side.



Illustration 4

From this position lean forward, stretching the left arm forward and parallel with the right leg. Force the upper part of the body forward and backward a number of times, keeping the upper part of the body from leaning to the right side. This stretches both legs to advantage.

A hurdler should be careful of the take-off. If he takes off too far, he is forced to jump the hurdle. Do not take-off more than six or seven feet from the barrier. Thomson used the "stepping" front leg action. This is done in lifting the knee as in stepping over a curb, a bent knee action (photo No. 1). As the front leg swings up, the opposite arm goes forward as far as

(Concluded on page 44)

JAVELIN THROWING

BY

K. L. WILSON

Mr. Wilson, before becoming Director of Athletics, Manager of the Drake Relays and Track Coach at Drake University, competed as a member of the American team in the Olympic games at Antwerp. He graduated from the University of Illinois where he was a member of the basketball and track teams for three years. In track he was a consistent point winner in the javelin, discus and hammer throws. The illustrations 1, 4, and 5 are pictures of Mr. Wilson.—EDITOR'S NOTE.



JAVELIN throwing has rapidly grown to be one of the most popular events of the entire track program. Although recently introduced as a college event, it is now listed in practically every meet. It is a spectacular event which does not require an athlete to have excessive size or strength in order to be successful, but he must use correct form and skill. No other field event requires as much coordination and skill as does javelin throwing. Therefore, careful attention must be given in developing the proper

form and style which will be best suited to the candidate.

TYPE—The best javelin throwers are, in general, men unusually quick in movement and possessing well developed shoulders and arms. A man who possesses what is known in baseball as a good throwing arm may be made into a good javelin thrower. Very frequently, men will be noticed in football practice who can forward pass a football at great distances. If properly trained, these men invariably make good javelin throwers. The size of the man does not seem to be so important. An observation of the men who placed high in the Olympic Games at Antwerp in 1920 indicated that height of stature had little to do with the distance they could hurl the shaft. Myrra of Finland, who won the



Illustration 1

event with a toss of 219 feet, 1½ inches, was a lean, sinewy individual about 5 feet 10 inches tall and weighing around 155 pounds. M. Peltonen of Finland who won second, was only 5 feet 7 inches tall. Hoffman of Michigan, one of the greatest javelin throwers developed in the United States, was not unusually large, but possessed a terrific whip. In selecting men for this event, however, it will always be found true as in the other weight events that a good big man is better than a good little man.

helping him to keep his feet during his reverse.

POSITION OF THE JAVELIN AT THE START OF THE THROW

There are several different ways of holding the javelin at the start of the run. One which is used probably most frequently, is holding the javelin at arm's length so that the tip rests just under the shoulder as shown in Illustration I. Angier of Illinois, and Hoffman of Michigan hold the shaft in this fashion at the beginning of their run. The second way of holding



Illustration 2

EQUIPMENT

In selecting a javelin, care should be taken to get one that is fairly stiff. A javelin that is too limber will flop around in the air and materially shorten the distance of the throw. Maple and ash seem to be the best woods for the javelin shaft, as they contain the greatest amount of life. By life I mean the amount of spring in the wood. Some javelins feel lifeless and heavy in the hand, while others have an elastic quality in the wood, which is very valuable.

A javelin thrower should wear ordinary weight shoes with heel spikes. These are very valuable in

it is to rest it on the top of the shoulder, point extending in the air as shown in Illustration II. Nearly all the Swedish and Finnish javelin throwers use this style. The javelin should be held loosely, the arm perfectly relaxed.

POSITION OF JAVELIN IN THE HAND

The javelin should be held in the palm of the hand with the first finger and thumb grasping the edge of the grip. The three fingers may be used to balance the shaft at the proper angle. In case the position of the javelin at the start of the throw is on the thrower's shoulder, the grip will rest on the heel of

the hand. Many javelin throwers make the mistake of using freak positions, such as holding the javelin between the first two fingers, or trying to get the end of the first two fingers right on the end of the grip. These are not practical and will not add any distance to the throw.

THE TAKE-OFF

The average javelin thrower will run about seven lengths of the javelin or around sixty feet. The length of the run, however, may be left to the individual thrower. A sufficient take-off should be used



Illustration 3

in order that the thrower can get up enough speed for his reverse. Many men make the mistake of running too far, in which case, they lose the necessary snap and speed in executing their throw. In practice, the take-off distance should be run through at least a half dozen times without throwing the stick, in order to get the exact step. If this is practiced carefully, there will not be much danger of stepping over the board during actual competition.

In starting the run, the candidate should start slowly and gather up speed gradually until he hits

the mark he has laid down for his reverse.

THE REVERSE

The success of getting the greatest distance in the throw is due largely to the reverse, because, as in all other weight events, special stress must be laid upon getting the body into the throw. There are several different ways for an athlete to reverse his feet and throw his weight into the toss, all of which have been successfully used. The beginner should try them all and take the one which seems the best fitted for him.

(A) Cross step reverse.

The reverse is started about fifteen feet from the take-off board. It is a good plan for the contestant to throw his sweat shirt down beside this mark, so that it will be visible to him as he approaches the board. As the right foot hits this mark, the thrower takes a short step forward with his left and then crosses his right foot behind his left, swinging his back and shoulders clear back and straightening his arms to the fullest extent, as shown in Illustration II. His left foot is then swung forward and to



Illustration 4

the side, which leaves him in his throwing position as in Illustration III. The body is then snapped forward, feet reversed, and the javelin thrown with a full sweep of

the arm, followed through with every bit of weight that the thrower possesses as in Illustration IV. Many athletes make the fatal mistake of not following through with their bodies on the throw. Every ounce of weight must be hurled into the heave and much depends

is probably the best style for him to use. He will be able to get up more speed and get more snap into his throw than by using the other method.

(C) The Finnish style.

Both the Swedes and Finns use a decidedly different form in

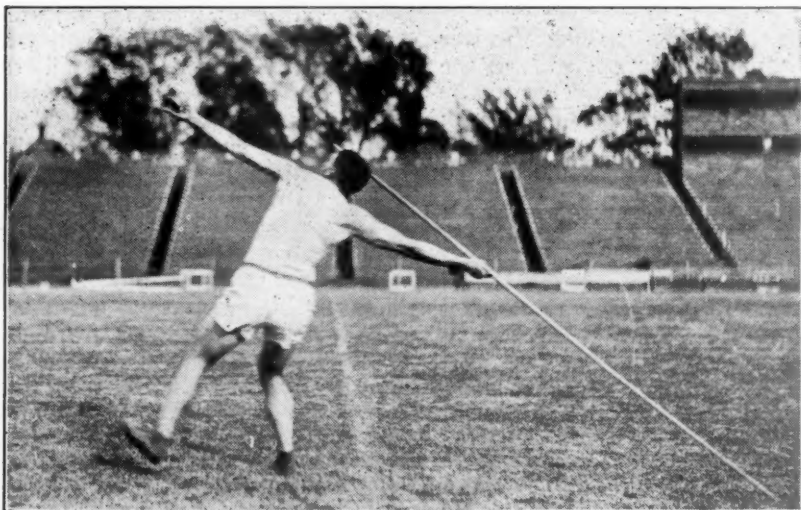


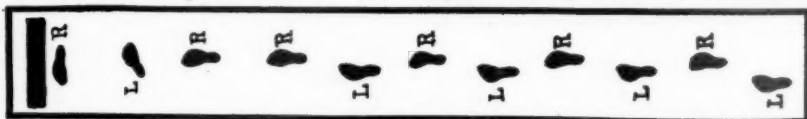
Illustration 5

on the final snap that the throw is given.

(B) The hop reverse.

The hop reverse is started about the same distance from the board as is the cross-step reverse. As the

throwing the javelin. Their results were so remarkable during the last Olympic games that much attention was given their form. The writer had an opportunity to train with Myrra, the world's record holder,



The above diagram shows the footwork in the hop-step form as described above.



The cross-step diagram showing the footwork in this method of throwing the javelin as described on page seven.

thrower approaches this mark, he takes a short hop forward on his right foot, bringing his arm and shoulder clear back as he lights as in Illustration V. The body is then hurled forward, feet reversed and the throw made. For a candidate who is clumsy on his feet, this

for a couple of weeks and to study his style carefully. His style is used by practically all the good foreign throwers. The javelin is held on top of the shoulder at the start of the run. At a mark about twenty feet from the board the javelin is brought down from the

(Concluded on page 46)

HOW TO SET UP AN INFIELD

BY

FRANK G. McCORMICK

After graduating from the University of South Dakota where he made a brilliant record as an athlete in football, basketball and baseball, Mr. McCormick entered the First Officer's Training Camp where he was commissioned a Lieutenant of Infantry. He played on the baseball, basketball and football teams which represented the 88th Division, both in this country and in France. Since being discharged from the Army, he has coached at the University of South Dakota and served as an instructor in the University of Illinois Coaching School. He is now Director of Athletics at New Columbus College, Sioux Falls, South Dakota.—EDITOR'S NOTE.



Although baseball is a major sport in both collegiate and high school athletics, it has never been so popular a sport as it should be.

This is due to the inferior grade of baseball that is played by amateurs, which in turn is due to poor coaching. Before the war, only a few colleges had competent baseball coaches, but it was a noticeable fact that the teams that had good coaches played good baseball. Since that time the standard has been raised; more interest in baseball has been developed; the result is that school teams are playing a real brand of baseball before large crowds. More preparations are being made to develop school teams early, as is shown by the fact that colleges are

sending their teams south for spring training.

It is necessary that every baseball player first master the fundamentals such as throwing, fielding, sliding, batting and bunting. The individual must then learn the play of his particular position. Then comes the development of team play which is divided into defense and offense. This article will deal with three diagrams and a discussion of team play in fielding.

DIAGRAM 1.

Position of the infield with no one on a base and under normal weather conditions.

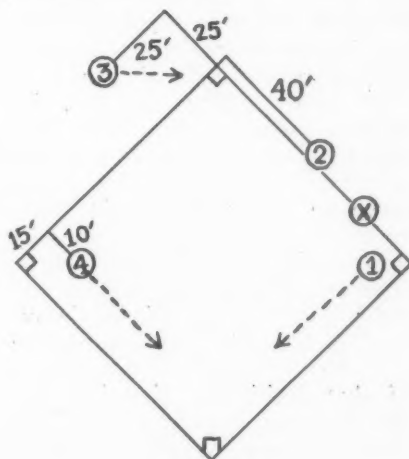


Diagram 2

DIAGRAM 2.

Position the infield should take for the bunt defense, with a man on first, no outs and the score even. The first baseman holds the runner on first and starts in on the

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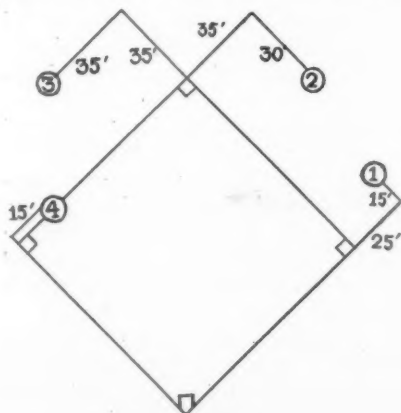


Diagram 1

A CODE OF SPORTSMANSHIP FOR COLLEGE BASEBALL

The following code was adopted by the Directors of Athletics for the Western Intercollegiate Conference at a meeting held in Chicago, March 17, 1923.—EDITOR'S NOTE.

DIRECTORS of athletics, coaches, captains and all others in authority are urged to take an aggressive stand for a high standard of sportsmanship in college baseball, not only among players but among spectators.

The necessity for leaders to do everything in their power to encourage such a standard was clearly and eloquently pointed out by Dean Lebaron Briggs of Harvard University in an address to the eighth annual convention of the National Collegiate Association. Dean Briggs said in part:

"One of the games in which such offenses (against sportsmanship) are most conspicuous and most gratuitous is baseball. The ethics of professional baseball is no subject for us except as it affects the ethics of college baseball. The public, though it sometimes censures the brutal professional player as dirty, is so callous to anything short of brutality that good players, and good men, regard it as part of what they are paid for to unnerve an opponent by fair means or by foul. Men and boys have come to think of this unnerving as a great point in the game, with which it has no more intrinsic connection than with any other game. It thrives in baseball, under cover of that legitimate shouting into the diamond whereby a player coaches a base runner. An ingenious coach finds no trouble in blending nominal advice to a friend with vocal attacks on an adversary; and his example is followed in some cases by the whole team. Such a coach may address a base runner with connotations intended for the pitcher, while the umpire, who cannot afford to rise above

public sentiment, stands idly by. A player—so strong is the illusion that anything to rattle an opponent is legitimate baseball—may hold an opponent up to ridicule before thousands of spectators; a catcher may gibe at the batsman in plain hearing of the umpire, without one word of efficient rebuke.

"I am not citing the worst things men do; nor am I questioning the right of any player to an occasional spontaneous remark; nor am I denying that even in baseball things are not so bad as they were. I am pointing out cases in which players who should be gentlemen show that, for the time being, they are not, and receive no public rebuke for contemptible public conduct. Repressing such conduct by law will not transform the spirit that prompts it, but will create, in time, such a habit of decency as shall restore in some degree the student's sense of proportion, a sense of proportion that many a youth who is not radically unfair-minded has lost.

"In college games instruct the umpire to stop those pettily mean tactics which are no more essential to baseball than jogging a rival's elbow is essential to archery. Football may be a profane sport, but when one considers the fierce and constant physical contact it involves, it is in some respects better mannered than baseball today.

"It is so obvious that modern baseball misuses the mouth and abuses sportsmanship, so obvious that part of an umpire's duty is to see fair play, so obvious that the normal youth loves the generous, hates the trickily mean, and need only open his long-closed eyes to

(Continued on page 40)

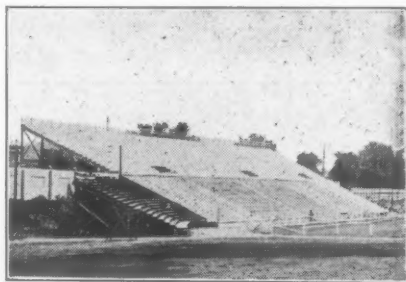
ALL-STEEL STADIUM OR GRAND STAND CONSTRUCTION

BY
PROFESSOR WOODWARD

The Journal has frequently been asked for information regarding the construction of Grand Stands and Stadiums and is pleased to present here a description of the famous steel stands now in use at the University of Iowa.—EDITOR'S NOTE.

THERE has been developed at the State University of Iowa by the Head of the Department of Structural Engineering, B. J. Lambert, a style of Stadium or Grand Stand construction unique in character and possessing several very striking advantages.

Steel is used for practically every part of the structure, the conspicuous feature being a series of steel plates up to say twenty feet in length, bent in the form of a Z to make the treads and risers of the seats. These plates are riveted together along the neutral axis of the riser, the tread having a slight slope so as to provide drainage. Cast iron stools, or brackets are fastened to the main seat plates by machine bolts screwing into holes tapped in these plates, and on these stools are placed cypress plank seats at the desired height to make the seat comfortable.



Reference to the photographs will show the salient features of this construction, and a few of its possibilities.

The primary advantage of this type of construction is its relative economy when compared with that of reinforced concrete so commonly used nowadays. This all-steel type can be fabricated and erected, complete with footings and plank seats and painting for from \$5.00 to say \$7.00 per seat, depending on

(Continued on page 28)



WRESTLING

BY

DANA EVANS

Director of Athletics Northwestern University.

The following article is continued from the March Athletic Journal. Wrestling has become a very popular winter sport in most of the colleges and in many of the

high schools. The student of wrestling can get a very good idea of the fundamentals of this sport by studying the following pictures and the 7 that appeared last month.

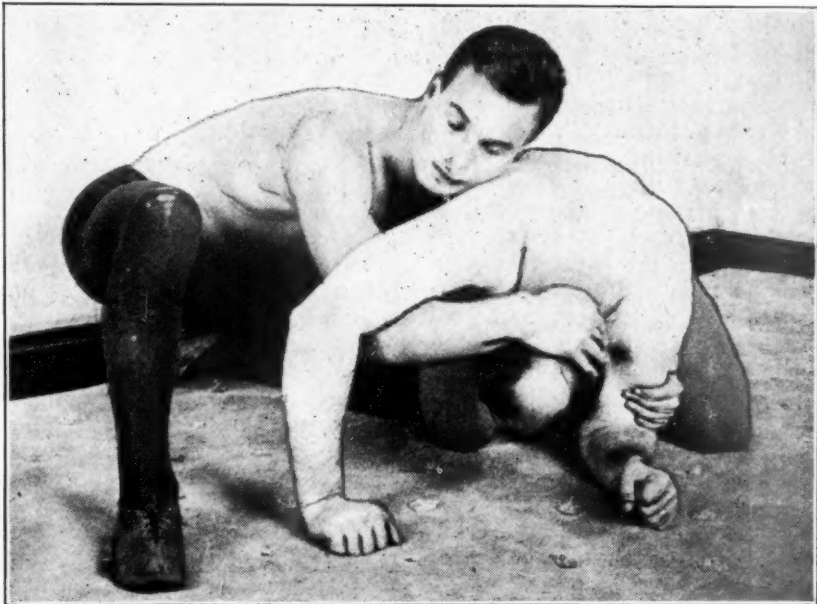


Illustration 8

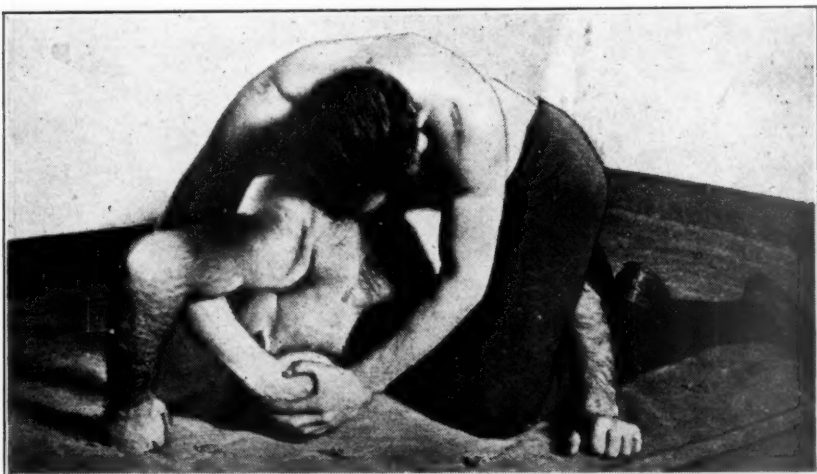


Illustration 9

Near Nelson and Further Arm Hold: After you get the Near Nelson reach in under your opponent with your left arm and grasp his further arm above the elbow and pull towards you. (Fig. 8.)

Back out from Further Nelson: If your opponent fails to put his knee under your arm when he has the Further Nelson on you, back out quickly, turning your head in towards him and out underneath



Illustration 10

Further Half Nelson and Scissors on Near Arm: Secure the Further Nelson as described in No. 4. Then with your left leg draw your opponent's left arm backward as shown in cut. The scissors hold prevents the use of his left arm as a brace and also holds him so he cannot slip out of the Nelson. (Fig. 9.)

his arm. This will bring you free and in a position to get the further arm hold or Near Nelson. (Fig. 10.)

Arm Roll from Further Half Nelson: If your opponent puts a further Half Nelson on you, do not allow him to turn your head away from him, but lock your arm around his arm above the elbow

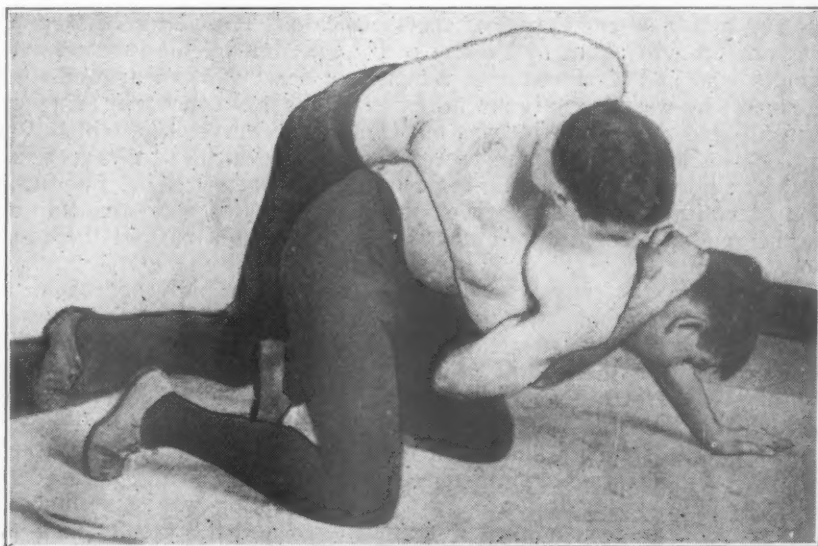


Illustration 11
(Concluded on page 42)

The ATHLETIC JOURNAL

Published by
THE ATHLETIC JOURNAL PUBLISHING CO.

JOHN L. GRIFFITH, Editor

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THE ADMINISTRATION OF ATHLETICS

Twenty-five years ago college athletics were not considered a component part of the pedagogical plan. They were developed by students and the faculties for the most part either considered them as a necessary or an unnecessary evil. In those days there were very few men who might even by a stretch of the imagination be classified as physical educators. Furthermore, college men did not become coaches with any idea of making coaching their life work. With the growth of the competitive spirit the student managers had difficulty in finding men who were qualified and willing to render expert service as trainers and coaches and frequently they turned to horse-trainers, boxers and professional foot-racers to assist in developing the college teams. Excellent as some of these men were, many of them had no appreciation of college ideals and a great many trying situations were created. In addition to the fact that the students were left to develop their athletics very much without faculty guidance and besides that there were then few trained instructors in physical education activities, there is yet another factor which must be considered, viz: our standards of sportsmanship were at that time in the making. Practices, that were then looked upon by faculties, coaches and students with approval are now quite generally rated as unsportsmanlike. This may be called the first phase or era of physical education.

The second era began when the college presidents came to the conclusion that athletics, if properly controlled, might be turned to good account and the faculties were asked to assume control. There followed a period which was marked by the faculties taking over the control of athletics; by the rise of a professional class of physical education instructors and by a new conception of sportsmanship. This latter development was not brought about by faculty men alone, but by the men on every faculty who had the interest of athletics at heart working together with the men who were in charge of athletics. This new conception of sportsmanship and clean athletics was not confined to our college athletics for our professional baseball and professional boxing in these days were also metamorphosed. This second era has been characterized by the formation of conferences, by the development of codes of sportsmanship and by the general recognition of physical education as a part of the educational scheme.

We may well consider whether we are now rapidly approaching a third era in the administration of athletics. At the present time in our most stable conferences faculty men represent their respective institutions and decide matters of athletic policy. These faculty representatives have performed splendid service. As suggested above their assistance and guidance was necessary in the days when athletics were controlled by the students and when there were few coaches of character who were mindful of college ideals and concerned with the academic interests of their institutions. In fact the situation was something like this: athletics were not honestly administered and the faculty man who

was not in any way connected with the athletic department was delegated to see that the men in charge of athletics handled their activities in such a way as not to bring discredit to the colleges that employed them. Out of this arrangement there has developed in the minds of some men the feeling that all academic faculty men are honest and all athletic men are to be distrusted. Some of the men who have been at the head of athletics are responsible in part for this mistrust of athletic men in general and have caused faculty men to differentiate between the academic faculty and the athletic faculty. Today the big men in physical education and athletics are men of high ideals; they are college men and in entire accord with the educational principles of their colleges; they are engaged in the work of making better citizens and their influence over the lives of the students cannot be over estimated. These men, however, are not permitted to represent their departments because of the old idea that any man who is connected with the work of developing athletic teams must be viewed with suspicion. This condition cannot long endure, for self-respecting men will not elect to engage in work in a profession where it is necessary to have men from other collegiate departments represent them. This means then that the next stage of development in the administration of athletics will center responsibility in the authorized head of the department. This executive will be employed by the President of the college and the Governing Board in the same manner that other departmental heads are employed. If the man so elected fails to measure up to the responsibilities of the position, he will be replaced by a bigger man who can be trusted to conduct his department not only efficiently but honestly and with dignity. When this development in administration takes place, then the small and selfish man in athletics will give way to the man who realizes that he is in this thing not for a year but for a decade; that he wants only an equal opportunity in legislation as well as in sport; that he is a part of the larger plan.

RELAY MEETS

April has become the month of relay racing and of relay meets. The Great Pennsylvania Relays, the Drake Relays, the Kansas Relays, the South Dakota and Colorado Relays and numerous others are held early in the season and before the dual and conference outdoor meets.

Relay meets are distinctive and of value for several reasons. First there is a special appeal in a relay race for the man in the stands. In a mile relay with six teams competing, he sees twenty-four quarter milers, and a number of separate races; the fortunes of the race change repeatedly, the team that appears hopelessly beaten finally wins and the men apparently strive harder because the other members of the team are vitally concerned with the way the individual runs than when they run in a four hundred and forty yard dash. Many persons have become enthusiastic followers of track and field athletics after watching a well conducted relay meet. In the second place relay meets, especially those that are held in April, serve to emphasize the value of early training. As a result track men are giving more attention to things which affect their condition in the winter. It is better for the boy who runs to extend his training over a long period provided he conditions himself gradually than to work intensively for a short time.

After this season's relay meets have been held, we will have a pretty good idea as to the class of the track and field athletes who will represent the schools and colleges this year. Everybody out for the Relays.

BASKETBALL OFFICIATING

BY

RALPH N. McCORD

Mr. McCord, now district manager of the National Life Insurance Company, Bloomington, Illinois, graduated from the University of Illinois in 1910. He has officiated and coached since his graduation and each year works in from seventy-five to one hundred basketball games in the Big Ten, Mid-West, Missouri Valley, and Little Nineteen conferences, and in numerous high school games. He spent two years in the service and seventeen months in France as Captain of Infantry. After the armistice, he was sent to the Second Army Headquarters at Toul where he assisted Colonel Joseph Thompson who was in charge of athletics. Later he managed the A. E. F. basketball tournament.—EDITOR'S NOTE.

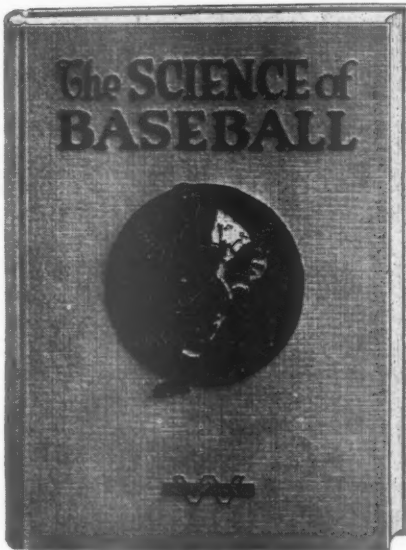


THE game of basketball has grown by leaps and bounds during the last few years, and with this growth increased attention has been paid to officials and officiating. Any criticism of coaches, players, or spectators in this article is not personal, and the writer merely wishes to help the game by pointing out some noticeable weaknesses as they appear to an official under present conditions. Basketball now ranks as America's greatest indoor game and improved coaching and better officiating have done much to place it where it now stands.

Only a few years ago the officials for a game were picked up on the spur of the moment and many of them were unreliable—often quite partisan. The remuneration was slight and as a result the game attracted few competent officials. Year after year, more attention has been paid to officiating and now many men are devoting much of their time to this work. As a result a better technique has been developed among officials and the game has been greatly improved. A great deal of attention has been paid to rules and everything possible has been done to improve the standard of officiating. Officials the country over are putting forth every effort to improve the game and make it a better sport for both players and spectators.

It is but natural that the game should vary somewhat in the different parts of the country, yet fundamentally, it is the same. Many Eastern coaches think Western teams play too rough a game, while Western teams are of the opinion that the Eastern officials are too technical. While in the service, I had the opportunity of comparing officials from both East and West and I am of the opinion that the Eastern game is fully as rough as that played in the West. I am also certain that at times some of the Eastern officials slow down the games by calling too many fouls. As a result the game develops into a free throwing contest which is never interesting to the spectators. Quite fortunately for the officials, there are at present few intersectional contests in basketball and it is to be hoped that by the time they become general, the game will be played and officiated the same in all sections.

All men do not possess the qualities which will enable them to become good basketball officials. Many star players are utter failures at officiating, while some men who have played but little, have developed into excellent officials. A man must have several qualities to succeed in basketball officiating. In the first place, he must be honest and fair; he must have good judgment and must use common sense in sizing up situations; he must have courage in the highest degree; he must know human nature; in fact, his success or failure as an official is, to a great extent,



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due to his ability to control and handle players and spectators diplomatically; he must know the rules from every angle; he must have the power of decision, for in basketball, decisions must be made instantly; and last though not least, he must be in good condition physically. Basketball is a game where judgment on the part of an official plays a vital part and for this reason an official must ever be alert mentally and physically. As a result, the intemperate official can not last long because coaches and teams have too much at stake to risk the loss of championships by allowing such men to work. For a time they may get by, but their days are numbered.

Let us analyze briefly the relation of a basketball official to:

1. The Game.
2. The Coach.
3. The Players.
4. The Spectators.

In the first place, the official should at all times be the guardian of the good name of basketball. He can make it or break it, and unless he feels his responsibility, he should not attempt to officiate. He must ever stand for the best there is in sport and must insist that coaches, players, and spectators comply with all the rules of the game and of sportsmanship, if the game of basketball is to live and flourish. The official has the power to mould the trend of thought of an entire community. Unsportsmanlike conduct in many places is due to loose officiating. Rough play leads to unsportsmanlike conduct and sooner or later the effect is ruinous. Games affect the community life itself, and for this reason the work of an official is far reaching in its scope.

The relation between the official and the coach should be friendly. Both should be fair and unbiased in their opinions, likes or dislikes. There are all kinds of coaches and

an official has to deal with all types during a season. Most of them are good sportsmen, yet a few remain who want to win at any cost. The latter type must be eradicated from the coaching ranks, if basketball is to live.

Players, to a marked degree, follow their coach and are hard or easy to handle, depending on the coach and his methods. All players should be treated as gentlemen and the official is entitled to courteous treatment from the players. Unruly or unsportsmanlike players should be promptly disciplined, but the official must not carry a chip on his shoulder. The players and the official can help each other a great deal, and by co-operating they will speed up the game and make it more enjoyable for all.

Probably the worst menace to officials is the crowd or rather the rabid element in a crowd. In some places the behavior of the spectators is exemplary, and again the conduct of a crowd is very bad. Spectators often fail to realize the official's position and vent their wrath on him for a decision which is correct. The coach and authorities in charge should take drastic measures to eradicate any unsportsmanlike conduct because a few poor sportsmen can make the life of an official a hard one, and such pests surely bore and disgust good sportsmen in any crowd.

Basketball at best is a hard game to officiate. There is action every minute of the time and every play calls for quick decision and good judgment. The official is on the floor trying, to the best of his ability, to speed up the game and all should cooperate with him in every possible way. Basketball officials today are students of the rules and of the game. They are hired to officiate because they have been tried and are trusted. They can see what is going on just as well as a rabid fan and their judgment is far bet-

(Concluded on page 39)



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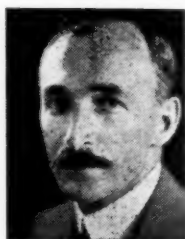
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SOCCER FOOTBALL

BY

DOUGLAS STEWART

(This is a continuation of the article begun in the March number.)



IN soccer the five forwards comprise the actual attacking force of a team and are constantly supplied with ammunition, in the shape of the ball, by the feeding support of the halves.

The line is divided into two wings which pivot on the center forward. The outside men of each wing are selected because of their speed in advancing with the ball under control; their ability to receive a pass when running without breaking their stride; their ability to trick an opposing half or back, and their ability to swing or middle the ball accurately from the wing.

The inside men are what are commonly known as the fighting forwards, and function as forward halves as well as goal shooters. They are expected to be, with the exception of the center forward, the coolest players on the line, the best dribblers, good headers, accurate passers, good tacklers and able to trap the ball under any conditions.

The center forward is, next to the center half, the most important player on the team. In addition to having all the qualifications of an inside man, he must primarily have the ability to see the weak points in the defense, and so distribute the ball and maneuver his forwards as to take full advantage of these weak spots.

He must also be able to swing

the ball to the wings or pass to his inside men as his judgment dictates. There are times also when he should know the strength of the halves to be able to utilize them in his attack. He is the forward who is generally most subject to attack, and consequently should be thoroughly well equipped with a knowledge of all the tricks of the game to enable him to beat his opponents.

He should be particularly adept in receiving passes, which means putting himself in position to receive passes, and particularly in the neighborhood of the goal to convert the passes into shots. He and the two inside men are the players depended on to shoot goals, therefore his control of the ball should be complete. He must also be aggressive and fearless, be well balanced in his foot work and always able to think fast enough to take advantage of any opportunity presented to beat an opponent.

Quite frequently a team puts its whole dependence on its center forward to shoot goals. This is poor play, for a good center half can bottle him up and neutralize him completely. It is better policy to have all three inside men good shots.

Right here let me say what a good goal shooter is. He is a forward player who can receive a pass and immediately convert it into a shot at goal without being confused by the presence of the goal keeper. That is, when he receives a pass which gives him an opportunity to shoot, he is so well balanced that his shooting kick is taken automat-

ically and his mind is taken up in seeing and finding the part in the goal space which the goal keeper is least able to defend.

So much for the actual shooting, and now to some methods of play for the forwards to give the insides an opportunity to shoot.

The commonest form of giving the insides (center and two inside forwards) an opportunity to shoot is by the wing working the ball down the touch line past the halves, and consequently drawing the fullback on him, and then passing the ball sufficiently elevated over his head and dropping it somewhere in front of goal, where the inside or center can connect with it and shoot. Another method is for the winger, assuming him to have beaten the halves, to trick or beat the fullback and send a hard, low center across the mouth of the goal behind the backs. On a shot like this the insides should easily connect, if they have their minds on the play as they should.

It is a cardinal rule that when it is desired to make a pass to a certain player the ball shall be passed in such a way as to give the mate a better chance to get the ball than the opponent.

It is also a cardinal rule that if the ground is wet the ball should be kept off the ground as much as possible, which means no short ground passing. When the ground is wet the ball does not bounce to any extent and the high passes can be fairly gauged. When the ground is dry, however, and if it is lumpy or uneven, the ball will bounce in all sorts of ways, making it difficult to get under control. It is, therefore, better when the ground is dry to keep the ball as near the ground as possible. If the ground is lumpy the ball should be kept just clear of the ground, but if the ground is smooth and even then the ball can be kept on the ground as much as possible.

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accuracy of the pass of a good player in a soccer game always has been a source of wonderment to the average spectator. The difference between a good player and the average player is very marked, the good player always sending the ball just where and how he wants it to go and at all times preserving a perfect balance, while the average player is always trying to send the ball how and where he wants it to go, but seldom succeeds for the simple reason that he kicks the ball with his toe and not with his foot. The good average player can kick with either toe, but has no real control over the ball.

He cannot, as he desires, send the ball along the ground or raise it just over the heads of his opponents on a long kick; or, on a short kick, he cannot just tip it over the head or heads of his opponents, but he can send the ball up in the air with disastrous results if the wind is against him, and generally he is so unbalanced that he frequently falls in making the kick, or he is so slow in recovering his balance that an opponent by a very gentle touch can put him out of play. The reason why the average player has no control and becomes unbalanced is because he is too far behind the ball in kicking. Of course, unless he stands well behind the ball, he cannot kick with his toe, the result being, particularly in a hard kick, that after he has delivered the kick he has one foot in the air, his body is swung backward beyond the perpendicular and his weight is on the heel of the foot resting on the ground. His balance is most precious, what there is of it being preserved by his head which is bent forward to an extent which prevents him seeing what is going on in front of or to either side of him.

The proper way to kick the ball is with the instep, with the toe pointing downward. This can only be done by bringing the opposite

foot abreast of the ball. The actual position of the standing foot in relation to the ball varies, of course, with the individual, some players having short legs, others long legs, some with short feet and others with long feet.

As a general proposition, however, if the standing foot is so placed in relation to the dead ball that the continuation of a line along the horizontal axis of the ball will pass just above and back of the big toe joint and across the standing foot, the raising of this foot on to the toes will enable the other foot with the toe down to swing clear of the ground and permit the middle of the instep to come in contact with the ball at about its center. This is the fundamental principle of kicking. There are many variations, but they are all based on this principle.

There is only one way to acquire the art of kicking the ball and that is by the player getting the principle into his head and then taking a ball and going out by himself and practicing until he can kick the ball without driving the toe of the kicking foot into the ground.

He will have many disappointments in his efforts and his ankle joints will probably ache, as will the muscles in the front of the foot, but by keeping at it he will discover the definite relation of his standing foot to the ball and wonder at the ease with which he can kick the ball and yet be perfectly balanced, for, as the foot goes through after the ball, his body will move forward with it and when the foot comes to the ground he just naturally will draw the standing foot forward and himself in a fully balanced position.

It is necessary, of course, to keep the eye on the ball until the foot comes in contact with it. After a while he will find that he can kick the ball more or less automatically and while keeping his eyes on the ball will also be able to keep his

mind on the play and learn to know what to do with the ball when he gets it.

The would-be player in practicing and learning to kick should not confine his efforts to kicking only with one foot. Having acquired the art of kicking the ball with the front of the foot, it is necessary that the budding player should acquire the ability to kick with either side of either foot. The ability to kick with the outside or inside of either foot is very useful in short and low passing to the side.

The fullbacks have most use for the instep and least for the sides. The halfbacks have much use for the front and sides of the feet, while the forwards use the sides of the feet mostly, only occasionally using the front in making long passes and then they use what might be called the side fronts of the feet, because the part of the foot coming in contact with the ball

is neither the front nor the side of the foot, but a point between these two places, particularly on the inside of the foot.

(Continued in May)



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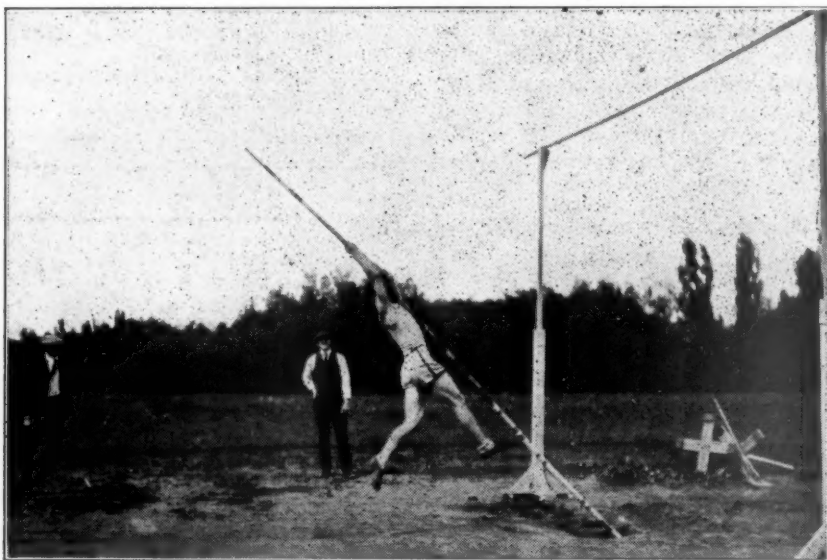
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THE JOURNAL'S PICTURE CONTEST

In February the Journal announced that it would pay a cash prize for all pictures accepted in an action picture contest. From a number of pictures submitted, the sender of the picture below, Mr. Eldon I. Jenne of Pullman, Washington, is awarded the first prize. If our readers have good action pictures they should send them in. The sender will receive five dollars if the picture submitted is reproduced in the Journal. The pictures not used will be promptly returned. Mr. Jenne will write an article on pole vaulting for the May issue.—EDITOR'S NOTE.

The following picture of Eldon I. Jenne of Washington State College, Pullman, Washington, is of interest because it illustrates perfect form in the pole vault on the part of Mr. Jenne, who holds the Pacific Coast and Northwest Conference records at thirteen feet and five-eighths inches and thirteen feet and one inch respectively. Mr. Jenne was a member of the American Olympics for 1920 and was on

apparently acquired considerable momentum from his run, has allowed the pole to slip easily into the planting pit and has swung off the ground in a true "pendulum swing." Note that his arms are straight and that he is getting the full value of the momentum of his run and is not starting his pull up as soon as his feet leave the ground. This is a fault that is common with inexperienced vaulters.



the All-American College Track Team in 1921.

One of the hardest things a pole vaulter has to learn is to slip the pole into the planting pit without diminishing his speed in running. The majority of young vaulters make the mistake of jabbing the pole at the pit. Where this is done they invariably do not swing off the ground in the proper manner. Note in the picture that Jenne has

Mr. Jenne has written an article on pole-vaulting which, as announced above, will appear in the May Journal. In it he will discuss the progressive stages of form in vaulting and will illustrate his points by action pictures.

This picture, which won the prize, was given first consideration because it portrays splendid form in the execution of an important phase of vaulting.



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COMMON FAULTS IN TRACK AND FIELD COMPETITION

IN every track meet including the so-called big meets, certain faults may be observed each year, faults in administration and management, faults in coaching, and faults in competition. Sometimes the mistakes made are the result of ignorance, sometimes of carelessness, and sometimes because the officials are incompetent. It is not the purpose of this article to attempt to point out all of the mistakes that might be enumerated, but rather the common faults which are the most marked.

First, as regards the management and officiating: 1. The meet does not start on time. This is usually the fault of the clerk. 2. The men are not called out early enough for the field events. If a field event is to start at three o'clock the men are often called for that time, while they should have been called in time to permit the contestants to get their take-offs or to have a trial jump or vault before the time set for the starting of the event, or they should not be permitted these privileges after the time scheduled for the start. 3. The starter is determined to hold the men steady on their marks for a moment before firing the pistol, but early in the meet he finds that the contestants are nervous and

rather than set some of them he fires the gun so soon after he gives the command to get set that there is no chance for anyone to get a false start. This means that he permits the runners to do the starting and before the meet is over the starting resolves itself into a guessing contest between the runners and the starter. 4. The finish judges pick the winners before they actually breast the tape. The reason for this is that such officials permit themselves to become interested in the race and do not wait until the race is finished to make up their minds as regards the result. 5. The timers do not time independently. In a big meet this year a certain timer at the conclusion of each race would say to the others, "What did you get?" When the others would give out their time this man would say, "That's what I had," and would then snap his watch. The timers should either be required to hand their watches to the head timer without comment or should be required to write the result on a slip of paper and hand the same to the head timer. 6. The management fails to provide the necessary equipment or to mark out the lanes, touch-off zones or starts and finishes. This results in needless delay. 7. Spectators

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are permitted on the track or in the enclosure. This invariably spoils the meet for the spectators and seriously interferes with the work of the officials.

In the second place the coaches attempt to coach their men the day of the meet when they should have done their work previously. The best coaches do not bother their men when they are competing or about to compete. In this connection, only too often the practice meets are not conducted in the same manner that the big meets are conducted. To illustrate—coaches sometimes agree that the men shall not be set back for false starts in dual meets. The result is that the runners are not so careful as regards holding their marks in the practice meets and consequently are repeatedly penalized in the conference or interscholastic meets.

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sometimes excitable coaches do the same thing. The referee may disqualify the contestants if this happens and since this sort of encouragement rarely does any good, and besides is contrary to the spirit of the rules, it should be discouraged. Then there is another thing that may still be seen at most interscholastic meets, viz: the practice of coaches or others catching the runners at the finish of their races. This is entirely unnecessary and usually injures the runner more than it helps him.

As regards the common faults in competition: 1. The men who are about to compete do not warm up enough and consequently do not do their best in their first race, first jump or first throw. 2. The runners apparently have not learned to judge pace in the distance runs and so frequently run too fast at the start of the race. Invariably the man who sets the pace in an interscholastic mile does not win. Of course, now and then an individual will be found who can judge pace and who out-classes the

field and this man may take the lead and hold it to the end, but this is rare. 3. The shot-putters duck their heads when they put the shot and do not put the implement high enough. 4. The discus throwers turn too rapidly and do not drag the throwing arm and thus they lose the advantage of the turn. 5. The high jumpers run too hard in their approach and fix their attention on the bar rather than on their form. 6. In the hurdles the inexperienced hurdlers too often fail to run their own race but watch their opponents out of the corner of their eyes and thus miss their steps and trip over a hurdle. 7. The broad-jumpers alight with their feet under their bodies instead of well out in front and thus lose several inches in the measuring. 8. The pole vaulters are careless in their trials and knock the bar off at low heights. This means that they must vault an unnecessary number of times and since the vault is often prolonged the men should husband their strength.

ALL STEEL STADIUM OR GRAND STAND CONSTRUCTION

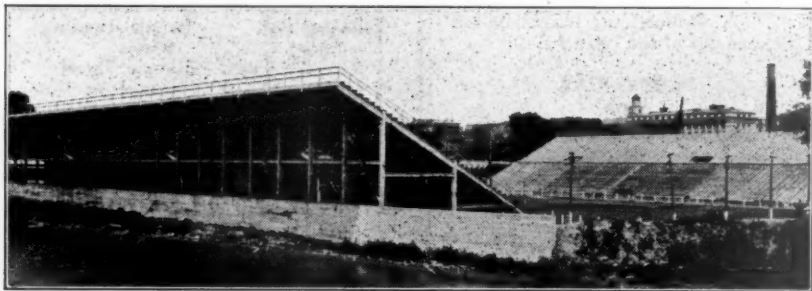
(Continued from page 10)

the location and topography of the ground. Compare this with the cost of the reinforced concrete stadiums being erected over the country today at an expense of from \$10.00 to \$30.00 per seat, and some even more.

With just ordinary care the all-

steel structure can be made absolutely waterproof, and the space beneath, being almost entirely free from bracing, can be used for any purpose, athletic or otherwise.

Another advantage of the all-steel grand stand is the rapidity with which it can be fabricated and erected—the time being about one-half that required for reinforced concrete.



Another, and immensely important advantage in many cases, is the ease with which the all-steel stands may be taken down and re-assembled in another location in as good a condition as before, at a small expense, and with no loss of material. In the case of removal of a reinforced concrete structure, there would be not only no salvage, but the cost of tearing down would be a very large item. This point should be carefully considered if there is any doubt whatever as to the permanency of a location.

Although in appearance a steel structure is relatively light, airy, and graceful, its strength and safety can be absolutely assured. The maintenance cost should be very small inasmuch as the sub-structure and lower surfaces are covered, and the painting of the exposed upper flat surfaces is a comparatively simple matter.

The all-steel structure lends itself to any form of exterior architectural decorative treatment by the application of a reinforcing steel frame with expanded metal and a stucco finish with openings, column and cornice effects as desired.

Another decided advantage of the all-steel construction is for locations where the space is cramped. Here a second or double deck may be used at practically no increase in the cost per seat, and the seating capacity practically doubled.

This type of seat may be used also to excellent advantage for galleries, being much simpler in construction than reinforced concrete, and having the advantage of decreased weight and cost.

When all these advantages are considered it is obvious that this type of design will merit careful consideration for many locations where more monumental types cannot be used. The salient features of this design have been patented but license to use the design may readily be secured.

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A YEAR'S PROGRAM FOR REQUIRED WORK

BY

JOHN L. GRIFFITH

(Continued from the March number)

57. Fifty-Seventh Day.

A. Calisthenics.

- a. Bend arms to strike from head, 1. Strike arms side downward, 2. Return, 3 and 4.
- b. Hands rear of neck. Place. Place left foot forward, 1. Place left foot sideward and bend right knee, 2. Return, 3 and 4.
- c. Combine Ex. 1 and 2.
- d. Fall to squat stand. Hands on floor. Left leg sideward, 1. Return, 2. Same right.
- e. Hands on shoulders. Place. Stride left forward, 1. Bend left knee and bend trunk left, 2. Return, 3 and 4.
- f. Couples — back to back. Lock arms at elbows, 1. No. 1 bends forward carrying No. 2 on back, 2. Raise the trunk, 3. Position, 4. Same with No. 2, bending forward.
- g. Inhale with raising arms side-upward. Increase the duration of inhalation by counting, 1, 2, 3. Lower, 4.

B. Games for Agility.

Rescue relay. Formation—column of files.

First man of each file starts at a starting line twenty yards in front of his file. At the starting signal each runs to the second man of the file and carries him to the starting line. Number two then runs back and carries number three to the mark and so on until all the men in each column have been carried. The file that has all of its men thus rescued first wins

the race. *Method of carrying men.* Rescuer places head under right arm of the man to be rescued and grasps right wrist of man to be carried with left hand. Place right arm between legs of man, pick him up and carry him so that his face is down and over the shoulder of the rescuer.

C. Mass Track and Field.

Discus Throwers, Discus throw relay.

It is well to have the throw executed with reverse and delivery alone unless the teams are all made up of experienced discus throwers. Measure the throw of each man, using the zone system of marking. Add the total distance each team throws for the final score. The zones should be marked off by a mark on the ground made with a sharp stick or by lime.

58. Fifty-eighth Day.

A. Calisthenics.

- a. Swing left arm obliquely forward upward, right opposite, 1. Change arm position, 2. Return, 3 and 4.
- b. Arms to thrust. Bend. Place left foot forward, 1. Lunge left forward, 2. Return, 3 and 4.
- c. Combine, Ex. 1 and 2.
- d. Place hands on hips, 1. Raise the left leg backward and lower trunk forward, 1. Return, 2 (very slow). Body and leg horizontal.
- e. To a seat on floor with legs straight forward. Fall. Hands on hips. Place. Straighten arms upward, 1. Bend the trunk forward

- and touch the toes, 2. Return, 3 and 4.
- f. Fall to a squat stand hands on floor, 1. Straighten legs backward, 2. Squat through arms, 3 (legs are forward, body in straight line). Squat back, 4. Forward, 5. Back, 6. Squat stand, 7. And up, 8.
- g. Deep breathing.
- B. Games for Agility.
- Centipede race. Formation—column of files.
- The contestants stride a rope or pole and run forward to the finish line marked in front of the column. All the men in the column must keep their place astride the rope or pole. When the last man crosses the finish line the team has finished the race. The column, which thus completes the race first, wins.
- Modifications:
1. After reaching the finish line the column turns and runs back to starting line.
 2. Instead of using rope or pole the players lock their arms around the men in front and run in this manner.
- C. Mass Track and Field.
- For Javelin throwers. Javelin throw relay.
- Use same method as for the shot and broad jump.
59. Fifty-ninth Day.

A. Calisthenics.

- a. Swing arms forward upward, 1. Lower to side-ward, 2; hold, 3. Upward, 4. Fore-downward, 5. Hold 6.
- b. Hands on shoulders. Place. Place left foot forward, 1. Lunge left forward, 2. Hold, 3. Return, 4, 5, 6.
- c. Combine, Ex. 1 and 2.
- d. Swing arms fore-upward, 1. Swing left leg back and three-quarter arm circle inward to arms sideward, 2. Return, 3 and 4.
- e. To a side stride stand, hands on hips. Jump.



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Up for a day, or, to stay



Bend trunk forward and arms forward, 1. Return, 2. Bend upper trunk backward. Arms upward, 3. Return, 4.

f. Ex. 6, Lesson 54. Wheelbarrow. Take 6 steps forward and 6 backward. Begin, 1-2-3-4-5-6, etc.

g. Arms to thrust. Bend. Lower head backward, slowly straighten arms sideward and inhale, 1. Return and exhale, 2.

B. Games for Agility.

Wheelbarrow race. Formation—column of files.

The first man in the column places hands on the ground. The second man grasps the first man's legs at the knees and with one knee on each hip pushes the man who is down on his hands forward to the finish line which is drawn some thirty feet in front of the column. The second man then returns to the third man in the column and becomes a wheelbarrow for number three. This continues until all have been pushed the same distance to the finish line. The column finishing first wins the race.

C. Mass Track and Field.

For vaulters and jumpers. Vault for distance.

Rules—The pole must be thrown back as in the vault for height. This is good preliminary training for vaulters as it strengthens the arms and teaches men to snap away from the pole. Divide the men up into teams and measure each man's best vault. Add the total distance per team. To facilitate measuring, have the distance marked on the sides of the pit and lay a stick (with a right angle square at one end) across the pit after each jump.

60. Sixtieth Day.

A. Calisthenics.

a. Raise arms forward, 1. Carry sideward, 2. Upward, 3. Lower to position, 4.

b. Hands on shoulders. Place. Face left and step left forward, 1. Close right to left and bend knees deep, 2. Rise on toes, 3. Lower heels, 4. (On line of square.) Same right.

c. Combine, Ex. 1 and 2.

d. Hands on hips. Place. Straighten arms upward, 1. Lower trunk forward and arms sideward, 2. Return, 3 and 4.

e. To squat stand. Fall. Straighten legs backward, 2. Bend the arms, 3. Continue bending and straightening to count 14. Squat stand, 15. And up, 16.

f. Long flank rank. Raise left foot backward, place the right hand on shoulder of man in front and grasp the ankle of man in front. Hopping in drum time. Begin, 1-2-3-4.

g. Deep breathing.

B. Games for Agility.

Skin the Snake Race. Formation—column of files.

Each player reaches back between his legs with his right hand and grasps the left hand of the man behind him. When the starting signal is given, the last man lies down, keeping his feet together and keeping hold of hand of the man in front. The column then walks backward, each man in turn lying down as his turn comes until the entire column is lying on the ground. When all are down, the last man gets up and runs forward, straddling the others and pulling the man next to him to his feet. This continues un-

til all are standing. The column which gets up first in this way without having the line broken wins the race.

C. Mass Track and Field.

To teach men how to pass batons.

Line men up at starting mark on either a straight-away track or an oval. If it is desired that they run around a quarter mile track figure out how many men should be on each team. For instance, ten men on a team to run 440 yards would mean that each man would run 44 yards. If two teams of ten men should run, the first men of each team step off 44 yards ahead of the starting mark, the second men 44 yards from that station, the third, 44 yards from this 88 yard mark, the fourth, from the next station, and the fifth from the last mark. The last man or number 10 starts the other way, stepping off 44 yards, number 9 accompanies him and steps off his distance, 8, 7, and 6 do likewise. When the men are properly stationed, the first men run to the next station, passing the baton to the next team mate and so on. The purpose of this is to give the men practice in making the exchange of the baton. After the first race, have number one start the second race at number two's former station and so on.

61. Sixty-first Day.

A. Calisthenics.

- a. Raise arms side, 1. Hands in front of shoulders, 2. Arms forward, 3. Return, 4, 5, 6.
- b. Hands in rear of neck. Place. Place left foot side-ward, 1. Place left foot forward, 2. Lunge left forward, 3. Return, 4, 5, 6.

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- c. Combine, Ex. 1 and 2.
- d. Arms to strike from head. Bend. Lunge left side-ward, and strike arms side-ward, 1. One-quarter turn right on heels, bend trunk forward and clap hands under left knee, 2. Return, 3 and 4. Same right.
- e. To a squat stand left leg sideward. Fall. Change leg positions, 1. Change, 2. Continue 16 counts. To a stand. Jump.
- f. Jump to side stride stand and clap hands over head, 1. Jump to class stand, clap hands in rear of body, 2. Continue in moderate fast time 32 counts.
- g. Deep breathing.

B. Game for Agility.

Milling the Man. Formation—Circle.

The players are seated close together about the circle. One man is "it" in the circle. With arms at sides he stiffens his body and falls toward some man who is seated on the ground. The men in the circle attempt to prevent his falling to the ground by pushing him back and forth. If he falls so as to touch the body of one of the seated men, the man responsible for his falling becomes "it."

C. Mass Track and Field.

Obstacle Relay. The men run over an obstacle course as follows: run fifteen yards and hurdle a low hurdle, run fifteen yards and high jump a bar at 4 feet, run fifteen yards and jump over a 12-foot ditch, run fifteen yards and climb an 8-foot wall and run fifteen yards to the finish. Run two men at a time. The team winning the most heats wins.

62. Sixty-second Day.

A. Calisthenics.

- a. Bend arms to strike from

- shoulders, 1. Strike left arm obliquely side-upward, right opposite, 2. Return, 3 and 4.
- b. Hands on hips. Place. (Fall out.) Same as lunge only that the trunk inclines forward and is in a straight line with the straight leg. Fall out left forward, 1. Return, 2.
- c. Combine, Ex. 1 and 2 (fall out on 2 count, return on 3).
- d. Squat stand hands on floor, 1. Straighten knees, hands remain on floor, 2. Return, 3 and 4.
- e. Fall to support lying frontways, straight body. Raise left leg backward, 1. Lower, 2. Same right.
- f. Running in place with swinging the straight leg forward. Run.
- g. Arms to thrust. Bend. Straighten arms sideward

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and inhale, 1, 2, 3. Bend arms and exhale, 4, 5, 6.

B. Game for Agility.

Maze tag. Formation—column of squads.

All the players, except two, stand in parallel ranks, one behind the other. The distance between each player and each rank is that of "double arm's length," so that which ever direction the ranks may face with arms extended horizontally a line of players with finger tips touching will be formed. The ranks should be drawn up so as to form a square as nearly as possible.

One of the two men who is not in the formation is to pursue the other up and down the lines until he catches him, neither being permitted to pass under the outstretched arms. The instructor makes sudden changes in the lines by calling out "Right Turn" or "Left Turn," upon which all the men in the formation turn in the required direction, still keeping the arms outstretched. These sudden changes alter the direction of the paths which the two players may run down. The interest depends greatly upon the judgment of the instructor in giving the commands, "Right or Left Turn," frequently and often just at the moment when the chaser is about to catch the runner. The game continues until the runner is caught or a time limit reached, when a new chaser and runner are selected.

C. Mass Track and Field.

Fence climb relay.

Equipment, an 8-foot wall with smooth sides, no projections on the top. The wall should be 12 feet long.

Start the men from a still hang and first score the men

who can climb the wall in unlimited time. Later score only those who can climb the fence in a certain number of seconds.

63. Sixty-third Day.

A. Calisthenics.

- a. Place hands on shoulders, 1. Straighten arms upward, 2. Lower arms to sideward, 3. Clap hands over head, 4. Reverse, 5, 6, 7, 8.
- b. Raise heels, 1. Lower, 2. Raise left leg forward, 3. Lower, 4. reverse, 5, 6, 7, 8.
- c. Combine Ex. 1 and 2.
- d. Hands on hips, place. Place left foot sideward, 1. Lunge left sideward, 2. Straighten arms sideward and bend upper to backward, 3. Repeat position 2 and 3 on counts 4 and 5. Position 2 on count 6, position 1 on count 7. In position, 8.
- e. Bend knees deep, arms forward, 1. Straighten knees, raise left leg forward and arms sideward, 2. Return, 3 and 4.
- f. Couples side by side. No. 1's foot on No. 2's thigh (No. 1's leg is raised sideward). No. 2, lunge sideward and grasp No. 1's ankle. No. 1 bend trunk away from partner. Reverse positions.
- g. Deep breathing.

B. Game for Agility.

Forward Bend Relay. Formation—column of files.

The first man in the file runs forward to a goal fifteen to twenty-five yards in front of the file. The manner of running is with body bent forward and with hands hanging below the knees. After reaching the goal he returns in sprinting position and tags number two. Continue until

all of the men have run.

C. Mass Track and Field.

Medicine ball throw relay.

Use same methods as for broad jump and shot put.

64. Sixty-fourth Day.

A. Calisthenics.

a. Bend arms to strike, 1. Strike sideward, 2. Arms forward and clap hands, 3. Repeat positions 2, 3, 2, 1 counts 4, 5, 6, 7, in position, 8.

b. Arms to thrust. Bend. Bend knees half deep, 1. Straighten knees and raise left knee forward, 2. Hold this position to count 6. Bend knees half deep, 7. In position, 8.

c. Combine Ex. 1, 2.

d. Stride left forward and arms forward, 1. Bend right knee, lower trunk forward and place hands in front of shoulders, 2. Reverse, 3 and 4.

e. Support lying frontways in

2 counts. Fall, 1-2. (Squat stand, 1. Straighten legs back, 2.) Bend the arms and raise the left leg backward, 1. Straighten arms and lower leg, 2. Same right.

f. Running in place. Run. Change from raising knees forward to leg raising forward, also increase the speed.

g. Deep breathing.

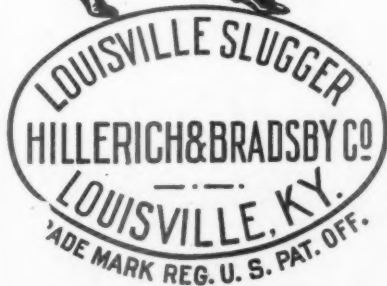
B. Game for Agility.

Jump and touch foot relay. Formation—column of files.

Each man in turn runs to a goal in front of the file. When half way jump and touch insteps in rear, body erect, knees bent with heels high behind. Jump three times, then run to the goal and return on the run and touch off number two.

C. Mass Track and Field.

Hop—step and jump relay. Same as for Broad Jump.



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HOW TO SET UP AN INFIELD

(Concluded from page 9)

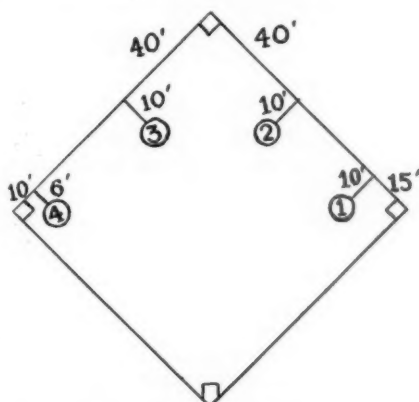
pitch to field the bunt. The second baseman moves in and covers first after the bunt is made. The third baseman moves in and starts when the batter prepares to bunt. The shortstop moves in and covers second. The pitcher handles the bunt if he can, but covers third base if the bunt is handled by the third baseman. The catcher tells the pitcher or third baseman what to do with the ball and should be alert to handle a bunt in front of the plate.

DIAGRAM 3.

The infield is in to cut off a run at the plate. A man is on third with no one or only one out. There is the disadvantage of bringing the infield in for a hard hit ground ball or a pop fly over the infield, or for hits which might be fielded with the infield back. The infield should not be brought in unless the team is behind in score or the tying or winning run is on third base. If the team is two or more runs ahead, the infield should be left out as the one run will not win but a rally would. The catcher and third baseman should be kept alert to

catch the runner off if he is taking too big a lead. The pitcher can sometimes pick the runner off.

Every baseball team should have set defensive positions and know when to take these positions. If the team is playing correct baseball it will have an advantage over an

**Diagram 3**

opponent who is not. A baseball team should not be expected to do the right thing in a game if it has not practiced the play. Football plays are diagramed on blackboards used in signal practice and finally tested in scrimmage. Baseball plays should receive the same treatment. First, they should be

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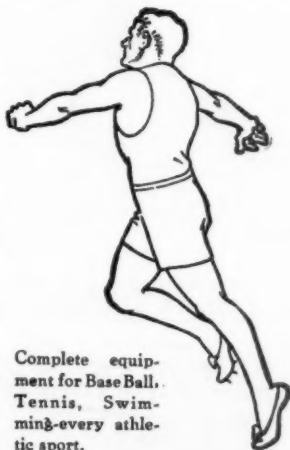
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diagramed and discussed, next an infield should be set up on the playing field and play should be made the same as it would come up in a game, then in the scrimmage games, the infield should be checked into their proper positions.

BASKETBALL OFFICIATING

(Concluded from page 18)

ter and less partisan. They call fouls for the violations of the basketball rules and not on the man or the team. Spectators should think of this and should govern themselves accordingly. Some over-critical coaches should be forced to officiate a few hard games. They would, no doubt, be wiser and better sportsmen for having gone through the ordeal.

Basketball is here to stay, and if the highest type of officials are to be kept in the game, they must be treated with courtesy and respect by coaches, players, and spectators. The official is an essential part of basketball and is constantly endeavoring to foster, protect, and improve this great game. He should be helped in every way and the game will be even better and more enjoyable than it now is.

The Middle West Society of Physical Education will meet April 19, 20 and 21, at the University of Chicago.

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A CODE OF SPORTSMANSHIP

(Concluded from page 10)

see that there is nothing legitimate to baseball which will not suffer a player to remain a gentleman. . .

"Every little we can do to make clean our national game helps our citizens to make clean the greater game of our national life, for clean sport means honest men."

Without the least bit of injury to the "pep" of the game or detriment to the skill of the players as individuals or in teams, those objectionable practices which lower the standard of sportsmanship can be eliminated. Some of the most frequent and clear-cut breaches are hereby pointed out with the thought that special attention can be paid to eliminating them.

COURTESY TO OPPONENTS

Establish a tradition of courtesy to the visiting team which will forbid any effort by spectators, organized or individually, to "rattle" the pitcher or any other member of the visiting team. Home crowds should cheer to encourage their players, not to disconcert their rivals.

REMARKS BY PLAYERS

Coachers on the baselines, under the guise of encouraging batters representing their sides, often strive to "rattle" the pitcher by various remarks. Catchers frequently seek to unnerve the batter by remarks ostensibly addressed to the pitcher. There should be no remark or action by a player that reflects directly or indirectly upon an opponent, the umpire or the spectators.

INTERFERENCE WITH THROWS

Batters attempt to hinder and obstruct the catcher as he makes throws to bases.

Baserunners, although they have been thrown out, frequently crash into a baseman in an effort to impede him in completing a double play.

OBSTRUCTING A BASERUNNER

When there is no opportunity

for a play at the base, infielders shall move far enough away from the base to avoid any possible interference with the baserunner.

FAKE WARNINGS AND DIRECTIONS

Basemen sometimes shout "Get back!" and similar warnings in the hope of deceiving baserunners. "Look out!" is cried by coaches, runners or from the bench, to alarm some player about to make a catch.

Another unsportsmanlike practice is for a coacher or some other member of the team at bat to attempt to confuse the team in the field when a fly ball is hit by calling upon one of them to make the catch.

ATTITUDE AT BAT

Batters attempting to disconcert a pitcher and obtain a base on balls, sometimes stand with their backs to the plate, or stoop to pick up dirt just as the pitcher starts his delivery.

PRELIMINARY PRACTICE

A schedule of practice preliminary to a game shall be as follows:

1. Visiting team batting at plate up to forty minutes before the game.
2. Home team batting at plate for twenty minutes.
3. Visiting team fielding practice ten minutes.
4. Home team fielding practice ten minutes before the time for the game to be started.

FIELD

The playing field shall be accurately and plainly marked with lime or chalk as to foul lines, three foot-lanes, coaching lines and batters' boxes.

UMPIRES

The umpire or umpires shall have full authority to put men on the bench, expel them from the game, or send them from the field of play. Protests on an umpire's decision shall only be made by the captain and then only on matters of rule interpretation.

(Concluded on page 43)



Planning a Playground?

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WRESTLING

(Continued from page 13)

and roll over with him, which will bring him under you. (Fig. 11.)

Jump Through from Near Nelson: If your opponent has the Near Nelson on you at your left side,

put your right foot and leg out to your right side and bring your left leg forward, coming to a sitting position. Turn quickly to your right onto your hands and knees and you will be in a position to arm roll him as in Cut No. 11. (Fig. 12.)

*Illustration 12*

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NOTRE DAME, INDIANA

A CODE OF SPORTSMANSHIP

(Concluded from page 41)

PITCHERS

No freak delivery such as the "spit-ball" or "shine-ball" shall be allowed.

The methods outlined above and all other unsportsmanlike practices should be eliminated—both, as Dean Briggs recommended, by the "appeal to chivalry" and "by enforcing decency."

SPORTSMANSHIP PLEDGE

It is recommended that directors, coaches or captains read the foregoing code to candidates for baseball teams, who then shall be asked to sign the following pledge:

"I have read the Code of SportsmanSHIP for College Baseball and I hereby pledge my co-operation in eliminating the unsportsmanlike actions listed and in general in my baseball playing to conduct myself as a gentleman and a sportsman."

The University of Minnesota SUMMER SESSION

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IOWA CITY, IOWA

THE ART OF HIGH HURLING

(Concluded from page 4)

possible and the other arm about half way forward (photos Nos. 2 and 3). When the leg swings up, it swings the body toward the opposite side and the forward arm thrust counteracts this action. The "shorter" arm is used in getting down from the hurdle and for balance.

As the top of the hurdle is reached, the chest and the front

*Illustration 5*

leg, from the thigh to the knee, form a sharp V, both arms still being extended (photos Nos. 2 and 3). On top of the hurdle the front leg has started reaching for the ground and the back leg is snapping up from the ground (photos Nos. 3 and 4). Here is

where the other or "shorter" arm comes in—as the back leg nears the top of the hurdle, this arm gives a quick, short snap back, and then immediately forward again, and as the ground is neared it snaps back and then forward with a quick jerk as the back leg swings out for the next hurdle. This is one of the finer points in hurdling and is shown in Thomson's style. It is a sort of a delayed arm action, or double action movement, rather indistinctly shown. Few use this action, but it is valuable. The arms should be kept as nearly in the running position as possible. (Photo No. 5.)

If the take-off has been where it should be, the hurdler in landing will be close to the hurdle. Thomson covered about ten feet at the most, about six feet on the take-off side and about three feet on the landing side, and sometimes closer, depending on conditions. (Study photo No. 6.) Many hurdlers straighten up as they cross the top of the hurdle, which is a serious mistake and really puts a "brake" on the speed.

By careful study of the separate photographs and later by carefully following the combination photograph the above explanation can more readily be followed.

An ingenious undergraduate at Dartmouth spent considerable time

*Illustration 6*

on this combination photograph of Thomson. By taking separate photographs and pasting them on a board and again photographing the group, he has a fairly accurate "movie" of the continuous action.

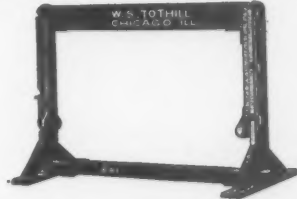
SCHOLARSHIP OF IOWA FOOTBALL MEN

In response to the editorial in the March Journal under the heading, "Facts Needed," Arthur A. Payne of the University of Iowa sends the following interesting information regarding some of the men who played on the team which last fall tied for first place in the Western Intercollegiate football race and defeated Yale:

Captain Gordon Locke for the last two years has averaged "B" plus. Locke, it will be remembered, in addition to ranking high in his scholastic work, was chosen this last year on the All-American team. F. Lowell Otto who played end on the championship team, finished the last semester with fifteen hours of "A" work and ranked just short of an "A" for the two years. V. Craven Shuttleworth, a backfield man, was enrolled in the College of Law where he made an average of "B."

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JAVELIN THROWING

(Concluded from page 8)

shoulder and extended forward at full length just as the right foot is brought forward in the step (see Illustration II). The left foot is then brought forward and the javelin brought back until the throwing arm is fully extended. The

still cold. The throwing arm may be very easily injured during that time. During the cold weather in the winter time, it is far better to give the men work with the chest weights, medicine ball and hand ball. The first spring practice done out of doors should be very light and should consist of tossing the

*Illustration 6*

body is then reversed and the throw made. The Swedes and Finns have so perfected their foot work and the forward swing of the javelin, that they can execute this at full speed. The most remarkable fact noted about their throwing was the snap they were able to get into their throw with their backs, the arm seeming to serve for little more than a lever, being kept extended at full length until the final snap is given the throw. Upon questioning the athletes if they ever suffered from sore arms, the writer received a negative reply, but they complained very much of sore back and stomach muscles, which would go to show that they get most of their strength from their body muscles.

CONDITIONING

Javelin throwers should be very careful about throwing hard in the early spring when the weather is

stick a short distance and making no attempt for a long throw. The arm should be carefully protected by a heavy sweat shirt and it is also a good plan to put on some hot liniment before going out. The thrower should take every bit of precaution that a good baseball pitcher would take with his pitching arm.

After the season has advanced and the weather gets warm enough to throw hard, the athlete should be careful not to throw too often. He should not extend himself over two times a week and should spend the other days working on his form, take-off, etc.

HINTS FOR THROWING IN A MEET

Javelin throwers should get out so that they will have at least a half hour to warm up. Since the javelin throw usually comes last in the meet, too many coaches make the mistake of letting their men

come out an hour or two ahead of the event and lie around on the ground waiting for their turns. The best way to warm up is to take short, quick throws, sticking the javelin deeply into the ground. It is very beneficial to have the trainer massage the thrower's arm before he goes out. After warming up his arm sufficiently, the thrower should practice his take-off a couple of times to make sure he has his correct distance. He should also try to get in two or three practice throws before his time is called. Most men can make their best heave the first or second time up and the thrower should put everything he has into it right from the start.

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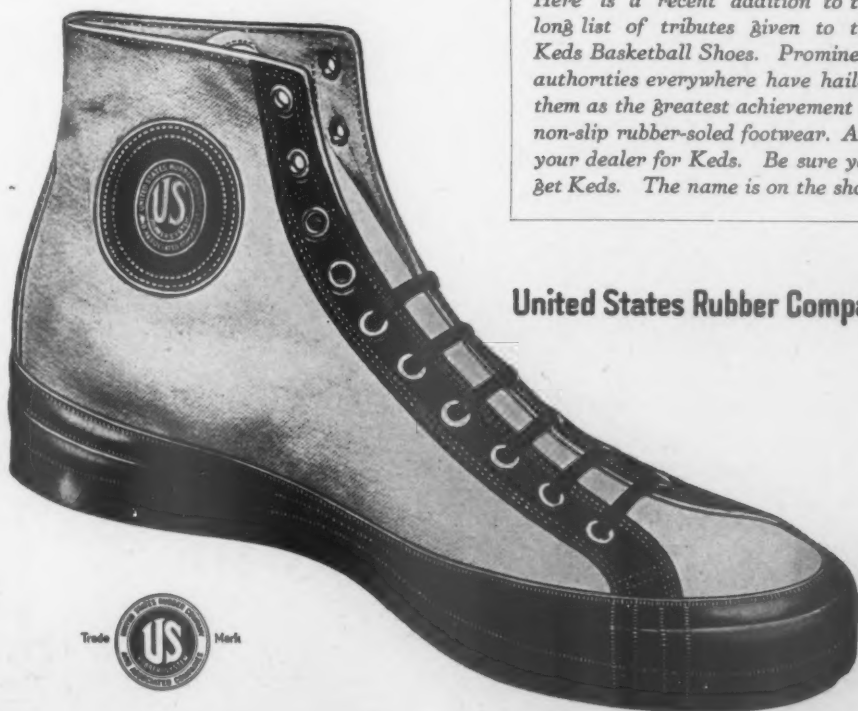
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Very truly yours,

Bill Brown



ANOTHER TRIBUTE

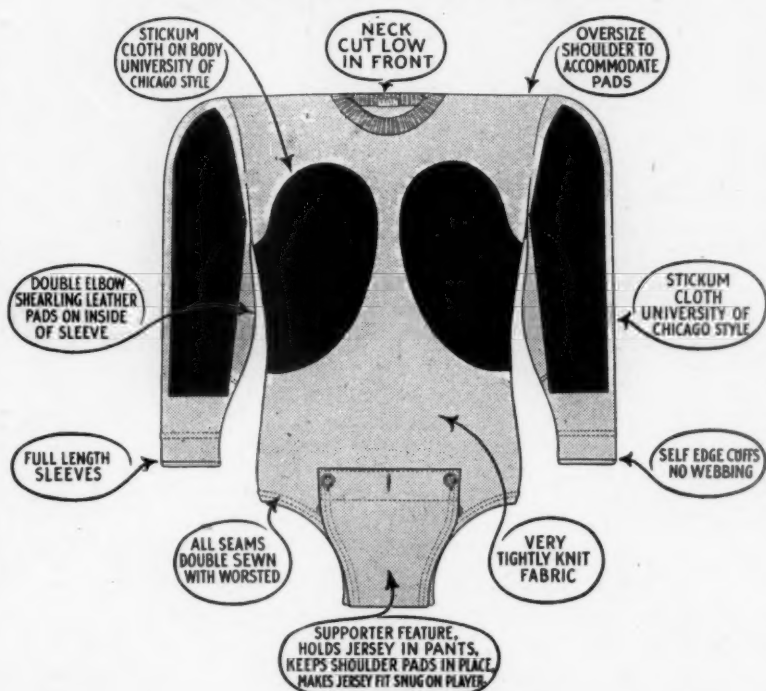


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